



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>

CAL
GICAL
OPHY

0621 N91 1891
LANE MEDICAL LIBRARY STANFORD
Practical physiological philosophy / by



24503354762

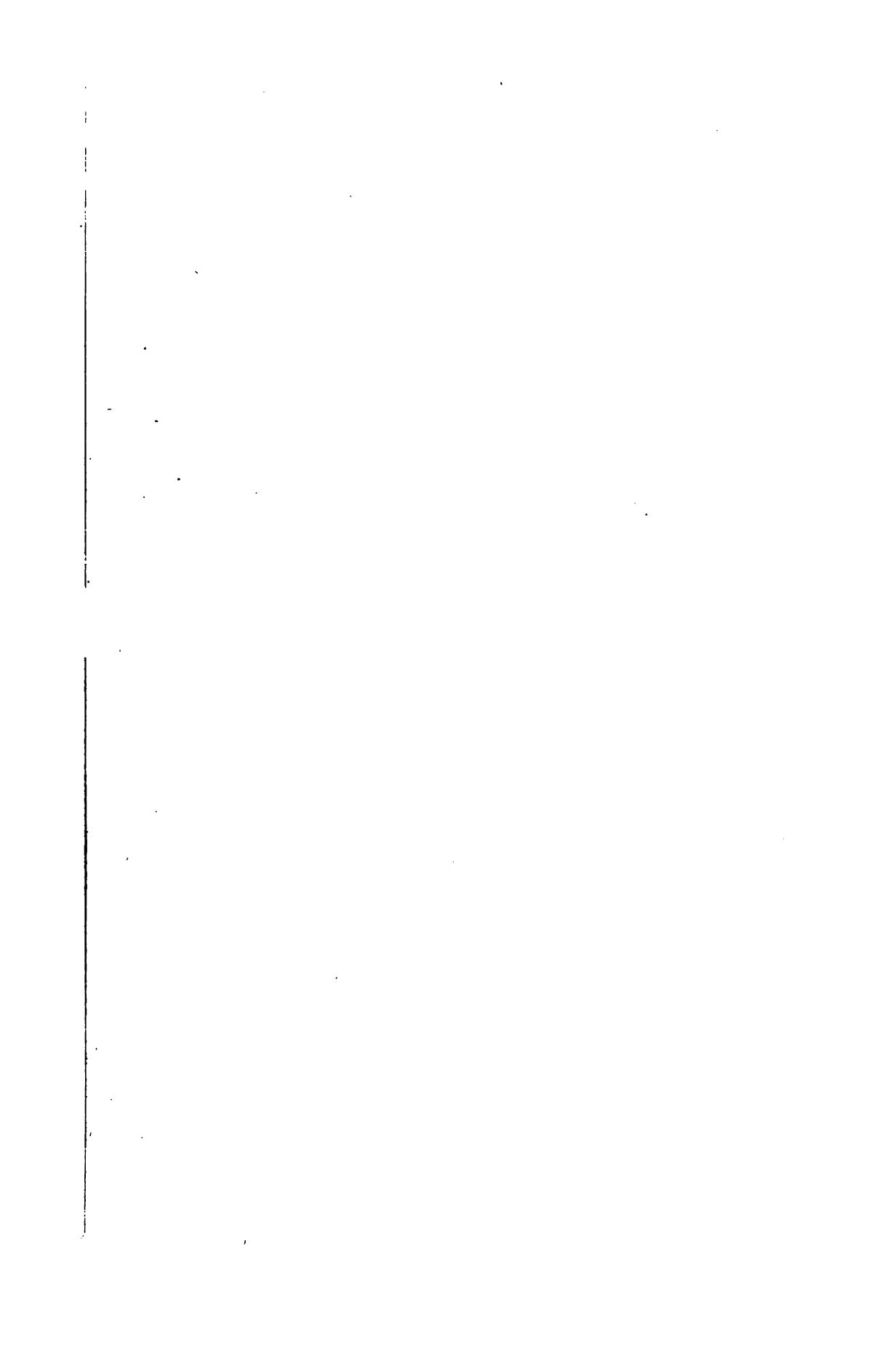
0621
N91
1891

NOTTINGHAM





R. B. Johnson M.D.
Rawenna, O



PRACTICAL
PHYSIOLOGICAL PHILOSOPHY.

BY

JOHN C. NOTTINGHAM, M. D.
≡

AUTHOR OF PAPERS ON

"SHOCK," "CICATRIX" (OF INTERNAL STRUCTURES), "UTERINE
HYPERPLASIA," "CHLOROFORM ANESTHESIA," "ECZEMA
OF RECTUM WITH FISSURES," &c., &c.

BAY CITY, MICH.
W. D. RICHARDSON, PUBLISHER,

1891.

10

LAMM



COPYRIGHT.

JOHN C. NOTTINGHAM, M. D.

1891.

УДАРЫ ЗВАУ

791
891

To

MILLIE J. CHAPMAN, M. D., of Pittsburgh, Pa.

Modest and becoming in demeanor, womanly in sympathy and kindness, yet strong in judgment; to her is due the thanks of the author, and much credit for what this book is worth, which by her suggestion is dedicated

TO THE YOUTH OF THE LAND.

67008



C & J. GREGORY,
PRINTERS.
BAY CITY, MICH.

PREFACE.

"As a man travels on in the journey of life, his objects of wonder daily diminish, and he is continually finding out some very simple cause for some great marvel."—Washington Irving.

For all these years past, there has been no protection from the common errors of youth; no light to illumine the mind of the ambitious young man or young woman; no guide to conduct them safely through the dangers which wreck legions of brilliant minds, except alone the literature found only in advertisements of some designing persons, published for the purpose of preying upon the unfortunate youth, to whom it has seemed a crime to know of these important principles of best mental and physical development.

This class of literature has been circulated clandestinely, in violation of the law opposed to obscene literature, or as advertisements for some vendor of vaunted cure for "nervous debility," "imprudence of early life," "seminal weakness," "nocturnal emissions," "loss of manhood," "how to improve the mind," etc., ad nauseam.

No expectation of pecuniary advantage has induced me to spend my hours at this work which

might have been better spent, for self interests, at rest; but wishing to contribute something of benefit to the youth of the land in particular, and humanity in general, I have made the sacrifice.

I trust that this work may be appreciated by a large number of readers, as well as similar advice to many patients within my experience has been appreciated, and that many may be saved the sad experience of the great number, who, through false modesty or ignorance, fall into the hands of the unscrupulous advertising quacks.

JOHN C. NOTTINGHAM, M. D.

Bay City, Mich.



PRACTICAL
PHYSIOLOGICAL PHILOSOPHY.

CHAPTER I.

*"Ill habits gather by unseen degrees,
As brooks make rivers, rivers run to seas."—Dryden.*



N the great crusade against intemperance, the methods have not been consistent with known physiological laws. It is easier to row with the tide than against it. The same thing is true with our habits. Children acquire habits more rapidly than men by force of reason, striving against a constant desire, grow out of a habit.

Those who continue the use of stimulants (irritants) as condiments, such as salt, pepper, mustard, etc., in ordinary diet; and drugs, such as paregoric, quinine, physic, etc., in real or supposed disease, find it a constant warfare in their lives to abstain from these things, and many finally yield to the habit, or suffer loss of vital force in the resistance.

All drugs in the usual doses are stimulants—excitants—and all such excitants when taken into the stomach habitually, not only induce an appetite for alcoholic beverages, but promote unnatural and premature sexual desire. In this way do morbid desires grow and become a part of the individual, and the disposition is perverted and inclined to immorality, dissipation and crime.

Then to improve the human race, we should begin with the expectant mother, study and apply true philosophy and hygiene to the mother and child. Teach the mother, nurse or guardian, how to train the child to maturity, so that all information in succession may be imparted to the child, and eventually all the innate morbid dispositions and tendencies of vicious natures will be supplanted by correct habits and natural desires, coming from a pure atmosphere, wholesome nourishment, and physiological conduct.



CHAPTER II.

"The aim of all intellectual training for the mass of the people should be to cultivate common sense."—J. Stuart Mill.



HAT the soil, water, air and sunlight is to vegetation, food, water, air, sunlight and clothing is to the human family, "from the cradle to the grave." If the florist wishes to develop beautifully tinted and fragrant flowers, with rich foliage; and if the agriculturalist wishes to harvest an abundance of well-filled ears of corn or wheat, they are not careless of the soil; but they know that it contains the nutritive elements required for their plants or grain; and that these may grow and develop without stint, they endeavor to put it in the best possible condition. The dealer in and raiser of horses looks well to the dam and sire. The greatest care is taken that the dam be not worried, harrassed or abused during her period of gestation, and while nursing her offspring. The valuable colt is well, properly and regularly fed, kept free from sudden changes of atmosphere. No bands are permitted to interrupt the circulation of the blood, or to prevent full, complete and natural development; no strokes upon the head of the animal are allowed, which might dwarf the development of the brain, the instinct and the senses. Foods are not given to the young

animal of value that are doubtful, or because of holiday, or fashion.

These suggestions are not new, but nevertheless appropriate, and unheeded in general by ordinary nurses and even parents. It remains for the intelligent nurses to practice as they are taught, and teach the parents by example as well as by precept these rational methods, that the babe may grow into beautiful form, under proper hygiene; that no perversion of the natural function of the organs be produced, hence avoiding that class of disease denominated "malarial," and which changes not only organic functions, but the disposition and character as well. This avoidance of perverted organic action, as acidity of the stomach, constipation or diarrhea, enables the tutor of the child to more readily cultivate and develop good habits, desires, character, and the greatest intellect possible.

The babe, after birth, should be carefully wrapped and laid aside to rest and recover from the shock of the wonderful change, and the mother be made comfortable in every possible particular, after which the nurse will see that everything is in readiness (which ought to have been done previous to confinement), for the proper cleansing and dressing of the babe. The nurse should have in readiness before attempting to wash and dress the newborn infant, plenty of hot soft water, and convenient for frequent changes; a slop-jar; good light; castile soap; either fresh lard, alboline or olive-oil;

soft linen cloths (not sponges); a brush for the hair; gum-arabic or corn-starch for dusting the babe; bay-rum for application to head, hands and feet; napkins of soft linen or cotton for the navel dressing, which should be ample to receive and envelop the cord retained; a flannel binder without hem; plenty of small safety-pins for the binders, and large ones for the napkins; a pin-blanket without hem; skirt, shirt and dress without hem or band.

The babe should be scrupulously cleansed and dressed, as the dressing prepared will indicate; and when dressed, observe that the cord is not bleeding. If any deformity be observed, report it to the physician in attendance in private. Then lay it away in a warm, cozy place, free from harm and draughts of air, snugly tucked in and covered warmly all over, leaving just a little opening for the free air; but see that the light is excluded. Permit it to rest undisturbed, only visiting it frequently, observing that it breathes naturally, that the cord is not bleeding, and that it is warm.

Here the nurse is upon her throne, is queen of the nursery, and to her we must look for every kindness, sympathy and care. Unless she is capable of recognizing the responsibility, has a heart and will to do the right, progress will be slow.

The position in which the babe should be laid is of vital importance, both for the peaceful rest of the child, and to prevent it from choking upon the

mucous retained in the mouth, which possibly may cause a dying condition before being observed. Then place the babe upon its side, the extremities slightly flexed, and the head inclined toward the chest. When the infant becomes restless, change it to the opposite side. "Rest in Pain" is a very interesting study, and invaluable to the nurse.

As soon as the babe refuses sleep longer (it having slept a few hours, possibly eight or ten), it should be placed at the breast carefully and gently, not in haste, nor with hilarity, nor in the presence of any other except the mother and nurse. All these things should be guarded with the greatest concern, for you are beginning a new life, and giving the first lesson to the mother as well as to the child. After it has drawn upon the breast, or the mother shows signs of pain or weakness, return the babe to the crib for rest and more sleep; if it again refuses to sleep when turned, and seems inclined to fret, adjust the clothing about it properly, and if the napkin is soiled, replace it with a clean one, and again place the babe to the breast; so continuing this process every two hours during the day, or between the hours of 5 and 7 a. m., and 8 and 9 p. m.

The hearty, well-cared-for child should rest well with little attention at night, between the hours of 9 p. m. and 5 a. m. If it should rest quietly longer than the time indicated, it should not be disturbed for any reason, unless it be necessary to change

the napkin, or in anticipation of trouble from other causes. If bad odors should arise from the cord, it should be carefully cleansed and anointed.

The babe's room, as well as the mother's, should be kept free from noise, confusion or excitement.

Frequently observe the babe for the first twenty-four hours, that it breathes naturally and regularly, that there is no bleeding from the cord, that it is warm and free from draughts of air, and that no one rocks or carries it about.

If for any reason no food can be obtained from the mother for the babe, and it exhibits evidence of hunger, at this time give it pure cream sweetened a very little. If the bowels have moved, give pure milk from a healthy cow if obtainable, rejecting milk from the Jersey cow, or milk rich with butter; adding not to exceed one-fourth water and sugar to sweeten slightly, so that it will be as near like the human milk as possible. Pure milk, without water, often agrees best from the start, and the milk of the Durham cow is, as a rule, best for the infant.

Avoid giving the babe teas or decoctions of any sort, unless ordered by the physician in attendance. If found necessary to dilute the milk at first, it should be discontinued as early as the child will admit of whole milk. When other foods are made necessary by conditions of the babe or other circumstances, that food should be selected which is best adapted to the nutrition of the individual child.

Children differ in the requirements of nutrition as much as plants or animals; hence that food should be selected which is best adapted to satisfy the requirements of the individual child, and should be selected by the physician, who will carefully note its effects, and regulate the food to meet the apparent demands for nutrition, growth and development of the babe.

Having the babe once cared for, and food, clothing, rest, and everything adjusted to its comfort, we have only to repeat daily the ablutions, inspections, feedings, and gradually to admit it to more light.

After it is two months old, the infant may be intrusted to a friend, under proper conditions and for a short time only, but should still be kept in the crib the greater part of the time. Babes so raised will cause the least trouble, grow best natured, and become a pleasure to any family.

Nothing but animal food should be given the babe until after teething. No confectionery, fruit, or starch foods should enter into its dietary. If this is carefully attended to, it will avoid, to the greatest extent possible, diseases called worms, tonsilitis, diphtheria, and many eruptive diseases and disturbances of the intestinal tract, as well as many of the nervous difficulties referred to under the care of the genitals.

All fruits cause the urine to become strong, and irritate the bladder and its outlet. Confectionery

and starchy foods engorge the lymphatics, hence predispose them to bad effects from colds, diphtheria, symptoms of worms, and even worms themselves. All condiments, especially salt, should be eliminated from the diet of all children up to full maturity, and then admitted very sparingly to the nervous temperaments. Salt is the most natural stimulant, and the most powerful of its class known to physiologists, and is frequently the cause of serious tissue diseases, and many nervous affections herein alluded to, discussing which much time might be well spent.

When sexual prurienty (morbid sexual desire) and kindred conditions develop in the girl, the miss, the woman, most certainly it has developed by reason of the habit, diet, or care given when a babe, and continued to maturity.

“The best method of curing disease, is to prevent disease,” has been wisely said.



CHAPTER III.

"Innocently to amuse the imagination in this dream of life is wisdom."—Oliver Goldsmith.

HE nurse may often interest the expectant mother on the possible sex of the child, during her stay just prior to confinement; but this speculation is too often disappointing to offer encouragement. There exist other and important reasons why such conjectures should not be indulged in, viz.: The expectant mother may wish for a girl; and if you succeed in fixing upon her mind that the babe will be a boy, she may become disheartened in advance, and possibly, as I have known instances, seek to destroy the child—induce abortion, to prevent herself giving birth to the sex she does not want.

An expectant mother is often, indeed always, easily impressed with notions, whims, which in her natural condition, unimpregnated, would have no effect whatever upon her. These conditions of mind should be avoided, not only for the benefit of the mother, but also for the welfare of the child; for if the child is born of a mother harassed with strong abnormal desires, like desires and morbid conditions may be impressed upon the child, and a disposition formed or a character determined that

would prevail in and through life to maturity. So that the infant becomes a factor of interest and discrimination even before it is born.

The parents, either or both, being in a morbid state at the fruitful coition, whether of a vicious disposition, or indulging a morbid, craving appetite for intoxicants, or unnatural drink or food, whether under severe mental strain from impending calamity, or exuberant with joy from real or imaginary luxuries or fortune, will impress the offspring, and the influence may be observed early in life, often becoming vicious to such a degree as to destroy all its usefulness, as well as the happiness and pleasure of the parents and friends. At times this morbid disposition or appetite is fortunately controlled by an innate force of will and cultivation which may prevail; but it is a constant war in all the life of the unfortunate born of such parents, and the child suffers for the parents' lack of the proper knowledge to prevent this condition.

Every mother or guardian should hold the utmost confidence of the daughter, and should impart all sexual knowledge to the child at puberty, keeping nothing from her, relating to her every particular of the sexual organs, the development of the mammary glands, the sensibilities of the ovaries and their intimate relation to the breasts, and the excitement of the ovaries produced by improperly manipulating the breasts. Teach the avoidance of these things as the best methods of pre-

venting undesirable habits and their serious consequences, both to physical development, and mental strength and capabilities; thus avoiding weakness which always predisposes to disease. The best prophylactic against all diseases is a strong natural body and a healthy brain, with good digestive organs.

Teach the girl at puberty all of procreation, all its phases, all its pleasures and sorrows. Teach her the happiness of virtue, the sorrows of improper sexual relation, sexual excitement or abuse. Teach her the advantages of a regular, methodical exercise of body and mind, the necessity of avoiding exposures to sudden changes, the advantage of pure intellectual society. Teach her that health is better than disease, that health is better than education, that activity is better than indolence.

Often the nurse is called to fill the mother's place, to assume all the responsibility, including the mother's love. This last is as important as all the rest. How often in the life of a true, intelligent and faithful nurse, is she called upon for this important responsibility, and how often is she appealed to for advice that only the mother is capable—or should be capable—of imparting. "A friend may well be reckoned the master-piece of nature."—[EMERSON.

CHAPTER IV.

*"Come forth into the light of things;
Let nature be your teacher."—Wordsworth.*



DOES the sex of the child demand especial attention by the accoucheur, the nurse, the parent, the tutor? The infant girl will endure greater hardships than the male, will survive disease, exposure and injury with less loss of vital force than the opposite sex; yet this is not an argument that it should receive less attention than the infant boy; but the additional burdens it has to bear make a necessity for which nature seems to have well provided.

The bones of the infant girl at birth are more supple and elastic, and for this reason less liable to serious injury; besides, they are usually smaller, therefore requiring, in difficult labors, less force for their delivery. Difficult labors do not occur with the female babe as often or as severe as with the male.

The natural width across the hips, from the trochanter to its fellow on the opposite side, is greater in the female than in the male, and should not be dwarfed or imposed upon by too tightly drawing the napkin about them, thus injuring the head

of the femur, or the acetabulum, or both, following which the child may suffer from coxalgia (neuralgia of the hip-joint), necrosis of the head of the femur supervening upon the inflammation, with all the dire results, often said to arise from scrofula, impure blood, colds and injuries later in life, when in fact it may have been caused by the means referred to. This may occur in the male, but the peculiar formation of the joints in the girl, the neck of the femur extending backward, outward and slightly downward, while in the male it extends outward (not backward) and slightly downward, so that there is a greater possibility to malformation of hips and injury to hip-joints in the young baby girl than the boy; yet both should be guarded in this particular. The genital cleft of the baby girl demands our most profound thought for its care. It is of more importance and demands more care than we are wont to admit. It especially demands wisdom, knowledge and genius on the part of the nurse. Within this cleft is contained the outlet of important organs, those which chiefly designate the sex; hence the care of this cleft is very important, and upon it alone may depend the irritable baby, the prurient, prudish girl, the vicious woman, the imbecile, and the useless, disagreeable wife and mother.

I wish to impress upon you the fact that nature—God—created these organs, and implanted the functions herein recognized; that they are as

pure, holy and important as any other organ or function of the human body; and that he or she who refers to these organs as privates, or to their functions as passions, misinterprets and misrepresents nature, and degrades a sensibility, a principle that is one of the virtues which go to make up purity of life, perfection of character, and the ideal heavenly home on earth.

The genital cleft of the baby girl exposes a vast surface of exquisitely sensitive mucous membrane, which is easily injured by careless wiping with dry, rough napkins, or even the most delicate cotton, and should therefore be cleansed with soft water only, and carefully dried by absorbing material—soft cotton or linen fabric, or absorbent cotton carefully applied, to be followed by dusting the parts with a little pure corn-starch or gum arabic, or anointing with a pure emollient. The chafing of these parts is one of the causes of painful micturition, retention of urine, strangury, and later, nocturnal diuresis, producing much pain to the infant, unpleasant odors to friends, and great mortification to the feelings of the young lady. The title “cross baby” is not infrequently given because of carelessness or ignorance on the part of the nurse.

Then the exposed cleft should be guarded from inflammation, because of the extreme sensitiveness of the parts themselves, and the influence the inflammation may have by extension to, and even through, the orifices to the bladder or the geni-

talia; then the labia and the hymen becoming inflamed, there is liable to be produced sad results and untold suffering upon our little wards—as leucorrhea, or an apparent menstrual discharge, a purulent sanguous or bloody discharge. An irritation at these orifices, though ever so benign at first, may continue, if neglected, until adult life, causing a prurient, irritable disposition, and if not cured may lead our baby, when grown, to the necessity of constant self-denial, and a resistance to morbid inclinations to rub the tittillating parts, which are caused to itch most intolerably by the acrid moisture, or the dry, burning sensation which may follow. Excrencences of various kinds may be caused to grow by this irritation, which sometimes attain an enormous size, at other times being quite small, but at puberty develop a prurient, sensual girl, sooner or later to be brought to shame and disgrace, and receive no pity from anyone, and no one to blame but herself.

The clothing should, all through baby life, and ever after, be carefully guarded at this point, that it does draw up into the fissure genitalia, or irritate the parts. When we recognize the extreme sensibility and great voluptuousness arising from the natural excitation of these important exposed orifices later in life, we cannot fail to understand how important this is in early infancy, and its probable influence in adolescence.

The baby girl should never be given physic of

any kind or for any pretense whatever. If properly cared for, she will never require it. The administration of one physic lays the foundation of the necessity or excuse for a repetition, and the rectum becomes a source of excitation, there will take place an alternation of distension, with impacted and dry fœcal matter, and collapse preceded by an irritable dysentery, which will be at times suddenly distended with gas, and it will be fortunate if it is collapsed suddenly by the expulsion of the gas; but as bad as this may be, this is not all, for the entire chylopoetic viscera, all the organs engaged in the digestive operation, are injured by physic; a fermentation of fœcal matter is produced by it, and there is developed within our loved babe an extensive sewer, gas and all, by which the entire organism is affected and perverted, and nature is left alone in the reaction, which is mistaken for improvement, to overcome the wrong we have cruelly inflicted.

An irritation of the rectum from this cause may not only prevent the development of the body, but brain as well; and from this, morbid characters are matured which become the wonder and astonishment of all who know the parents and their very amiable dispositions.

If "fissure of the anus," rectal club-shaped ulcer, hemorrhoids, fistula, or any of the many diseases which affect these parts, take place, they may be the cause of mental aberration, insomnia, pruri-

ent sexual desire, despondency, insanity, and the untold variety of neuroses—nervous affections. When these occur in adult life, if the conditions of irritation were produced in the babe, or the girl, by physic, and become a part of the every-day recognition by the nervous system, why will they not cause morbid dispositions, and radically change the character and inclinations of that child in adolescence? "As the twig is bent, so the tree is inclined."



CHAPTER V.

"A good character, good habits, and iron industry, are impregnable to the assaults of all the ill-luck that fools ever dreamed of."—Addison.



N a preceding chapter of this work, the author has endeavored to point out some essential facts necessary for the nurse and mother to know, that are not generally taught or understood, and has purposely omitted those things that are well known. They would only encumber such a work as this, or become a repetition of other literature now before the world.

We now wish to direct the attention of the guardian of the young girl to that care of diet and general regimen, essential to her life and health, particularly as relates to the sexual organs and their influence in the formation of temperament, desires, physical beauty, mental development and character—aye, to all that is perfect and noble in humanity. Through the want of this knowledge, and disobedience of the great natural laws, all these elements are affected, and in proportion to the disobedience and the individual susceptibility; for it is a fact that all persons are not affected alike from the same disobedience or indulgence.

From the exposures incident to a busy life, families are reared in toil and hardship, slightly or insufficiently clad, compelled to bear great burdens and endure extremes of temperature, with scanty or ill prepared food. Some survive, grow strong, and a few develop well. To the very few of these last we are often referred for proof of the argument that children should be exposed, and caused to "rough it," kept out of doors in all sorts of weather, in careless clothing, with neglected cleanliness and coarse bedding, with rough fare, and little or no attention to refinement or comfort.

In reply to this it is only necessary to refer to the great number of that class of children who die in infancy, who fill our public institutions, hospitals, charitable and benevolent institutions, almshouses and reform schools all over the world; and yet the great number that struggle along and simply live among us, are constant reminders of the absurdity of such argument, and profound lectures to all who will observe. They indicate the great need of more intelligence on the part of mothers and nurses.

Humanity, like plants, yields the best energy when proper regard is given to all the details and demands of their natures. Men and women are as different in their individual requirements from birth to adolescence, as are the plants which adorn the beautiful home; and the care to be bestowed upon each should be governed by their quality, nature

and disposition, and as this varies in each plant—in each child—we can only formulate the great principles from which we may discover the peculiar natures, and adapt the means necessary for perfect development, and by analysis and adaptation of rules to meet the requirements of individuals.

During the girl's life, she is exposed to many vicissitudes, which often arise from her own nature, and which she may not understand. She is attractive to the eyes of all good people, who are delighted with the beautiful development, the vivacious disposition, the intuitive utterances, which grow and increase with a healthy, well-bred girl. But the eyes of the lewd are also upon her, and these last are the trials and aggravations of beautiful girls, who require out-door exercise, and cannot be accompanied by mother or chaperon, and must face the wiles of the world.

If the girl has had the specific attention while in charge of nurse and mother, from babyhood to maturity, required and detailed in another chapter of this work, and this regimen has been continued relating to cleanliness and care of the sexual organs, their freedom from irritation of all ill-fitting clothing, morbid conditions and stimulating diet, much has been done for her health; but there is another important phase in her life which requires great skill and judgment, and pertains to her education. The body should keep pace with the brain, not alone in apparent development, but there

should be care that there is freedom from morbid desires, dispositions, prurient, which may emanate from associates, from positions required to occupy, and from undue activity of mind.

Children are too often allowed to go to school to satisfy their desire for company, or to get them out of the way. Then again, the lights of the school-room are as important to teacher and pupil as the food, clothing and society. Upon this subject of light and shades for the school and home, a volume might be written, but suffice it to say here, that the top of the window should be as high as the distance the pupil sits from the window, the base of the window as high from the floor as the top of the desk used. No shades should be allowed in the windows, but individual shades, placed upon a staff for protection from the direct rays of the sun, should be used. The direct rays of the sun are not so injurious to the healthy eye as improper shades or insufficient light. All shades should be blue, the next best is green, and any other shade in the home or school will produce material effect upon the health and conditions of adults as well as children. Active, robust children may not exhibit the ill effects, yet a modification in their disposition will sooner or later occur. Families are known to the writer where the mother is most miserable in her life, desires and appreciations, becoming moody, melancholy and unnatural, by reason of sombre shades. Make the house a home to live

in, disregarding style of shade for contrast of exterior, but selecting the shade for the nervous system and its condition; for the nervous system and its condition determines character, as well as health and consequent enjoyment and usefulness. Women living in houses lighted through sombre shades are often jealous, suspicious, unsatisfied, discontented and repulsive to all about them, besides the physical effects upon the stomach and other organs, growing out of it, are injurious. Children in a school-room with such shades, acquire a discouraged mood; every exertion requires an unnatural effort; all work accomplished is at a greater expense of nervous (mental) force than is necessary; the children are perverted in their natural dispositions, and success is difficult, if indeed they are able to succeed at all, from loss of vision, or they are rendered incapable by loss of ambition, by nervous prostration or evil disposition.

Again, the child is found to be an apt scholar, and the teacher lends all aid and inducements to advancement, without consulting the physical strength or mental endurance; and the parents, happy to observe the manifestations of intellectual advancement in their child, encourage the work, even contrary to the advice of their trusted family physician; and finally the mental integrity of the child is broken, the vital forces demoralized. A greater time is required to fully restore such a victim than the ambitious nature of the child and too

fond indulgent parents can appreciate, and as a rule the child is permanently dwarfed if not lost. As often occurs at the completion of an education, the son or daughter must spend months or even years in an attempt to restore vigor, lost by bad hygiene in schools or home, needless exposures, and too great ambition to advance rapidly, assisted by extraordinary efforts of the teachers to exhibit their tact in teaching.

During the girl's school days, at the age of from nine to fifteen years, that phenomenon, obedient to physiological law, called "monthlies," "menstruation," "ovulation," or "the sick period," is observed, or should be observed, as the mark of healthy functional activity of the organism. At this time the mind should be employed in useful exercise, at proper intervals with physical exercise, which should be well disciplined and methodical, and adapted to the nervous and physical development.

At the age of from twelve to fourteen, a study of the generative organs should be given the girl, that no ignorance may lead to a fatal fall, or everlasting embarrassment. Proper intelligence upon this subject will strengthen the mind and enable the girl to resist those self-abuses taught them by their sensual associates, by their own observations of thrilling pleasures accidentally experienced from contact of the external structures of the genital fissure, or by the approaches of prurient, thought-

less or designing associates. Again, all excitement of the sexual organs should be avoided at all times, and under all circumstances.

As one wishes mental strength and a well developed body, so should they guard against sexual desires or sexual excitement, well knowing that suppressed sexual desires are akin to sexual abuse. Chronic miasms are induced by sexual abuse or suppressed desires and sexual emotions, hence they should be kept under control by the use of unstimulating diet, by wholesome and disciplined exercise, by intellectual pursuits free from all sensual emotions, by good society, and the judgment trained in the knowledge of all wrong growing out of these abuses.

Just prior to each of these periods, which should come on every twenty-eight days after natural appearance (every lunar month), there exists in the sexual organs an excitement which, in the healthy operation of this function, produces an exhilaration of the body, and especially of the brain, which is noticeable by a clearness of thought and expression far exceeding the ordinary, and gives impetus to any ambition whether it be good or bad, so that it becomes necessary that these excitations be guarded and properly directed by the support and confidence of nurse, guardian, mother, and the child herself. During the stage of excitement just previous, during and immediately after "the periods," the usual exercise should be continued (if

not otherwise contra-indicated), but all unusual exercise should be avoided.

All exposure of the person, more especially the feet, to sudden changes of the weather, dampness, cold, or draughts of air, should be avoided at all times, but more particularly at the time above named; and if an accidental exposure should occur, or chilliness from unavoidable detention in the cold, whether in the parlor (fatal rooms, often), church, public conveyance, the theater (this last, be it said, to the discredit of the churches, is better protected than public buildings generally used for assemblies), or should there be a sudden unexpected change of temperature while absent from home. If by any of these or similar unavoidable exposures, a girl is overtaken, she should immediately apply such means at hand for relief from cold that are known to be safe, speedy and certain, certain to do no harm, and certain to remove bad effects from exposures. Exposures from dampness or wettings at such inopportune times should never be neglected.

Excessive mental excitement, chagrin or worry, fright, excessive sorrow or joy, are often productive of variations in the normal functional activity, and unless proper restoration is observed, may lead on to certain permanent derangement. Colds, though slight, often repeated at these periods, certainly do produce conditions causing more suffering from the genital organs during the life of women, than

any other known cause; as excessively painful contracting spasms of the uterus, felt most in the back and hip, in the lowest part of the abdomen, in either or both groins, in the thighs, or even the feet, and lastly, but not least in importance, from the hips to back of head, or including the entire head, which may be accompanied with vomiting, difficult breathing, and palpitation of the heart. These difficulties are all susceptible to cure by the appropriate remedy, if properly directed in the incipiency, or even later in life; but, because of the great influence upon the life, character and enjoyment, should never be neglected, and thus permitted to continue.

The "monthly periods" referred to, consist of a discharge from the sexual organ, appearing at the vulva (genital cleft), of blood, usually mixed with mucous in health, sometimes quite profuse, at other times scanty, and usually preceded by a slight rigor, shudder, or languid, tired feeling; and there may be thrills of excitement pervading the entire organism, or confined to the hips.

Not infrequently these rigors, shocks of exciting thrills, are so intense that the girl loses control of her conduct and actions, as in usual life, and crying, laughing, loquaciousness, or indisposition to talk, contortions, simulating convulsions or epilepsy, may alarm friends or even the subject herself. These phenomena, when purely reflex, and proceeding from the sexual organs at the menstru-

al epoch, are denominated hysterical. By strong resistance to them by the sufferer they may be overcome or greatly modified, and they are sufficient admonition to the sufferer and friends alike of the necessity of rest and treatment, with change of exercise. The treatment should be mild and specific, and for this reason the sufferer should carefully narrate all the feelings and symptoms to a conscientious and painstaking physician.

No harsh, heroic or cruel treatment should be allowed, as is so often practiced by many. In this, as in many other functional troubles, well-directed massage treatment is very essential, and with the properly selected remedy and good hygiene will speedily cure.



CHAPTER VI.

"There are many things that are thorns to our hopes until we have attained them, and envenomed arrows to our hearts when we have." Mirabeau.



ALL diseases do not originate in the sexual organs, consequent upon their abuse, or from lack of physiological knowledge of these organs, but this source of disease is not generally well understood by the non-medical reader, and is considered by most people an indelicate subject of conversation. The functions of the sexual organs are alluded to as base animal passions, brutal instincts, when, in fact, on account of their importance to good health and a well developed brain and body, no organ is of more consequence, no organ is more abused, except the stomach, and upon no other organ does more depend for the longevity of the human race, for personal character, general happiness, culture and mental strength. And no organ is more frequently abused, or produces greater disaster to the body, causing loss of self-reliance, loss of admirable nobility, loss of mental and physical force, and loss of all the attributes desired by all intellectual and well disposed people.

Sexual abuse, whether by artificial means or

natural, whether young or old, the male or female, is injurious to the brain, to the nervous system, and as a consequence, to the entire organism. We do not attempt to disguise the fact that it is a prevalent habit, and may consist alone in excessive sexual emotions, in which I am lead to believe many indulge without a knowledge of the fact that the sexual organs are implicated. In an ecstatic excitement, the hips are convulsed during thoughts of cohabitation with the opposite sex, and this may be continued for a greater or less time until exhausted, or until a discharge occurs, and during no time is any local means used to produce this excitement.

I have been made acquainted with women of culture and refinement, as well as those of the lower walks of life, and hard mental workers who have, unknowingly, suffered from this form of self-abuse; but among the most conscientious men and women we find the greatest prevalence of ignorance upon this subject, and the greatest disasters. All of the classes above indicated are frequent sufferers; but the only schools for instruction in this habit that I am aware of, are the boarding schools. If they were organized with this instruction as a part of their curriculum, they could scarcely become more proficient.

The emotional form of abuse of the sexual organs is most frequent among nervous ladies who are hard mental workers; and this is the most dan-

gerous form, though not so frequent. The cause of this lies chiefly in the diet and mental work, neglecting proper physical exercise, and associations.

Of the diet, condiments and all stimulating foods are chief in exciting these conditions. Such mental workers should have no salt, pepper or vinegar in their food, while young at least, and all meats should be restricted to not more than three meals a week, and then only fresh meats. Eggs may be taken thrice a week, and fresh fish or oysters in their season. Whole wheat meal porridge with milk—without sugar or sweetening—should constitute the principal diet.

The fact that when salt is taken into the stomach, there is an immediate creation of thirst, is, or should be, sufficient evidence of the powerful stimulating influence of this condiment.

Salt produces in the human economy, when used in excess of the requirements of the body, or its ability to eliminate it from the organism, many diseases, of which the excitation of the sexual organs is a most positive action, as irritation of the bladder, intermittent fever, constipation, inflammation of the tissues about the joints and elsewhere, determination of blood to the head or other organs, in consequence of which hemorrhage from the lungs, stomach or other organs is produced. Leave the condiments, especially salt, out of children's diet, and a great reformation will be accomplished in preserving health, in promoting clear

intelligent minds, and in establishing freedom from emotional and sexual excitements. Notwithstanding all this, physicians have been known to advise the free use of salt upon vegetables and meats, and large quantities for the cure of ague.

“Salt,” said an eminent chemist, “is the most powerful substance entering into the diet of the human family, and yet it is used with little appreciation by the people, even the majority of the medical profession.”

Salt exists in the globules of the human blood in the one seventy-five billionth of a grain. Chloride of sodium—salt—exists in almost everything we eat, and in sufficient quantity to supply every demand of the natural healthy organism. It is to satisfy a cultivated desire for stimulation that salt is so indiscriminately used; and this morbid desire for stimulants—excitants—is the greatest factor to overcome in successfully combating the general use of alcholic beverages.

Quinine and all its analogues are powerful cerebro spinal stimulants when used in material, drug doses, and causes more diseases than it cures, besides it is exciting in its local effects upon the stomach. It is used by many inconsistent temperance reformers as a substitute for alcholic beverages, though, perhaps, ignorant of the reason why, and ignorant of the mighty force they give to the encouragement of the appetite for the ordinary so-called stimulants. It is far more destructive than

generally known or admitted. Quinine causes deafness, spinal irritation, cerebral excitement, sexual imprudence, biliary engorgements, splenic hypertrophy, inflammations and insanity. All drugs in such doses (drug doses) habitually taken into the stomach, are inconsistent with temperance refor-
to a natural healthy body

brain, as produced by some speakers, produces within ed oil, which is eliminated of the kidneys, and dis- der. This production of a l within the brain of intense well-known exciting effect he sexual organs, produces complication in moral and understood, and beyond the emonstrate; but were cond- r known to all alike, there for "man's inhumanity to

the best brain workers, the ith the best developments, are found within the industrious, prudent, happy homes, where marriage felicity and paternal associations, natural cohabitation with perfect recipro- cation, and intelligent appreciation of the wonderful results to follow, exist, and where morbid sensuality is subverted to health, hygenie and homœopathy.

There is another class of unfortunates arising from sexual abuse, beginning from the teaching of associates, accidental observation of another, or from mechanical excitation of the sexual organs.

The only method by which this may be prevented is by proper living, clothing, and careful and full instructions to children as early in life as it is possible for them to understand how much of real pleasure in mature life they may enjoy, both in intellectual development and in natural, legitimate sexual relation, if they maintain noble natures, which they will possess, and observe perfect freedom from all sexual desires until it is legitimately authorized.

The great number of this class who become idiotic or insane, is appalling to the uninformed, and the parents or guardians who fail to properly educate their wards in these pure, sacred and essential personal interests, fail in performing one of their uncompromising and highest duties to their trust, and humanity at large.

No young man or young woman can free himself or herself from the accursed habit without first obtaining freedom from the exciting cause and exciting conditions produced by the indulgence.

Victims of this habit may be relieved, before the weakness of mind is produced, which so often disables from sufficient exertion of will, by pure habits, chaste associates, intellectual and physical culture, with an unstimulating diet, good regimen,

and lying on a firm mattress at night, preserving a position on the side (never lying on the back when sleeping, because of heat and excitation of the spinal cord and base of brain, which intensifies sexual excitement), and a firm and continued resolution, rigidly maintained, never to indulge in abuse of the holy, pure and most important organ of the body.

Cases beyond self-control must have assistance; they must be placed under strict surveillance, and urged to a regular occupation, exercise, and conversations, and scrupulously attended night and day; this, with proper diet and hygiene, and proper specific, scientific medicine, such as the individual may require, will repay for all the effort in a reasonable time.

The evil effects of these practices are legion, and arise from a morbid systemic or local pru-riency, caused by the stimulating diet and excitations above referred to, which constantly augment the restless disposition, and excite thoughts of mischief and even criminal desires, as kleptomania, and many other malformations of disposition, produced by physical disturbance of organs in their reflex phenomena upon the brain, and these desires are just as positive as a desire to remove the hand from a source of pain.

CHAPTER VII.

"Sometimes hath the brightest day a cloud; and, after summer evermore succeeds winter, with his wrathful nipping cold; so cares and joys abound, as seasons fit."—Shakespeare.



THE advent of a son into a family, affords a just cause for many anxieties to the mother, who is the responsible guardian and teacher in the years when the physical conditions, as well as mental training, mark the boy, the lad, and finally, father and example.

To the mother we must look for the cause of dyspeptic dispositions, irritable moods, prurient habits and vicious characters. Yet, how few mothers have the knowledge or means of obtaining such information as will enable them to properly discharge this function. Did all mothers fully realize their responsibility in their maternity, many might well shrink from it, and others might not crave to have additional responsibility of clerical, political and general management of affairs pertaining to the husband. Indeed, were the mother's life and obligations fully comprehended by her, and faithfully and well executed, husbands would give less or no cause for them—the mothers—to desire such work.

The mother should be a naturally healthy woman, and, no matter what the position in life, she

should always maintain regular habits in all things pertaining to rest, exercise, mental culture, domestic labor and pleasures, and be fully equipped in the science and art of cooking and domestic work.

She should not feel that she is a prisoner in her home, a servant or martyr, but enjoy that freedom of life which her nature may require. Humor and rollicking good pleasure should pervade the duties of life and responsibilities of parental wisdom. No matter what the building may be, except that it be consistent with circumstances, if the parents equally assume their life's work in a proper manner, the home will be full of sunshine; love, happiness and joy will mingle with the care, and in the burdens of life may be found bright anticipations, in which jolly good natures will be sustained, and the "heaven on earth" realized, and implanted in the progeny.

While the expectant mother is indulging thoughts—sometimes anxious thoughts, it may be fears—and preparing for the advent of the offspring, she should entertain her mind with the beautiful and interesting around her, and bring all of interest her intelligence can control, to augment her happiness and increase the joy of herself, as well as all about her, never permitting anyone to relate tales of unpleasantness or discouragement to her. The neighbor, or person who would relate stories of such a tenor, stories which might impress the wife, either before or after her pregnancy, with horror, suffering, exposure, or possible fatality,

stories of untold deformities of child, monstrosities, or miseries of any form, should be informed, without apology, that they must make their presence and conversation conform to the welfare and interest of the circumstances, or withdraw. Extremes in all things should be avoided, and an every day, pleasant life should be cultivated. Excitements, frights, vivid portrayals of incidents or accidents should be avoided.

The mother should be interested and amused, and kept in that frame of mind which would be most desirable for the child, when grown to maturity. In so doing, the great anxieties and the forebodings of responsibilities ending in failures will be found to be exceeding pleasures, crowned with a satisfaction and pride which can never be realized by any except a conscientious, intelligent, industrious and happy mother.

The parents-to-be should not live as if they were the most sinful, wicked creatures imaginable, as if every moment of the household should be devoted to penance, prayer or preaching. They should not live so circumspect of every act, as if every utterance or gesture must conform to fixed rules or laws of decorum, propriety or worship; but the serious of life should have its turn with the ridiculous. The pathetic should inhabit the mind only so much as to keep us within bounds of sympathy and good fellowship with all mankind, that we may be duly charitable and benevolent. The

humorous should abound without stint, and pervade every idle moment, only limited by circumstances, intelligence and culture, and the serious thoughts the vocation may require. All mankind, whether rich or poor, high or low, need—must have—a vocation, interests of daily importance, or contentment will be extinguished, and pleasure will become a burden.

As the conduct and mind of the mother may impress her offspring, so the conduct, character and disposition of the father may be imprinted upon the child, if not directly, by its influence upon the mother, and for this reason, if for no higher one, should the father cultivate that mode of conduct which it would give him pride to witness in his progeny. Instances occur which prove beyond controversy that children have entailed upon them the vicious habits and dispositions of their fathers.

The hereditary transmission of disease I believe to be misunderstood, and as usually defined, is a myth. Any disease of parent appearing in the offspring is considered hereditary, yet it may not have been transmitted from either parent, but the predisposition may be, and is, beyond question, transmitted from parent to child. Disease is never transmitted except from infection, and thus far, and no farther, is the doctrine of hereditary transmission of disease true. The way to prevent predisposition or susceptibility is to cultivate physical force, normally healthy children with well devel-

oped organs, and an intelligent understanding of good hygiene, daily regimen and proper dietetics. Strong physical resistance to disease, is better than any prophylactic.

I have referred to this much of a very great and interesting subject in this connection, for the purpose of impressing upon the mind of the reader the benefits to be derived from proper living, and the advantages of correct life "from the cradle to the grave."

It is true that, by intelligent exercise and nutrition adapted to individual conditions, weak and susceptible lungs may be made strong, and eyes, that in early life seem to demand glasses, can be improved and restored, and all the susceptibilities to hernia, and even hernia, can be cured by intelligent perseverance in proper methods; all of which diseases, and many more afflictions of the young, would be avoided to a great extent by maintaining compatibility between the parents, and proper living of mother before and during her gestation, and proper care of the babes until they reach maturity.



CHAPTER VIII.

*"Look round the habitable world, how few
Know their own good, or, knowing it, pursue."
—Dryden.*

O data exist, to the knowledge of the writer, by which we may know the proportionate effect of improper attention during infancy and childhood upon the sexes, but that each suffers far beyond any conception of the minds of the people outside of the medical profession, there is not the least doubt; and the medical profession meet with apparently irresistible obstacles in any effort to educate the people upon the subject of "care of the sexual organs," from the neglect of which untold suffering occurs, which, but for ignorance or false modesty, might be avoided. This is a subject of the greatest vital importance to-day, one which has interested law-makers in all parts of the world, yet no law has been devised by man, that has proved satisfactory or been found worthy of promulgation among nations, to correct the great evils arising from the indulgences of morbid sexual desires. Through morbid appetites for food and drink, the use of various drugs and so-called appetizers is a necessity. Tobacco, in its various forms, saturates the system and becomes as nec-

essary for maintaining the equilibrium, for comfort and composure, for contentment and happiness, as the most vital necessity. So, also, in morbid sexual gratification, the more frequently indulged, the more the indulgence seems a necessity, and the less is the real pleasure, the mental capability, the physical force, and the moral force to enable one to overcome the habit which not only deprives the victims of all the natural pleasure, but degrades the intellect, weakens the courage, and shortens life, and frequently produces the most disgusting maniacs. This is true alike of all victims of morbidly indulged appetites, whether that appetite be for opiates, alcoholic drinks, tobacco in any form, so-called appetizers, or sexual abuses.

It is not true that all are equally affected by these abuses, that all become maniacs or imbeciles and idiots, but every person addicted to such abuses impairs his life and usefulness, as well as comfort and pleasure, and to some extent, his mental and physical forces. The only law, then, must be the law of nature, which, alone, can guide human intelligence in correct living, in proper diet and regimen of life, and in proper sexual congress, that the mental and physical forces may be conserved, and the greatest comfort and pleasures may be enjoyed.

Do you wish to preserve good digestion, to maintain a strong, vigorous constitution, free from morbid dispositions and capable of greatest enjoyment, most free from disease, discomfiture and

pain? Then insist that parents shall properly care for the babe, the child, the young man or woman, until matured (neither are matured before the age of twenty-four—the osseus system is not complete until thirty years of age). Before the age of maturity, if men and women are united, they too frequently grow apart. Therefore, teach each individual correct living, correct diet and habit, and correct sexual relation.

Do you ask how frequently sexual intercourse should be indulged? I answer, if unmarried and have always observed good habits, proper diet and care, and good company, if you have cultivated the mental forces and physical strength in purity, in that way which will insure the greatest strength, comfort and pleasure, then, never allow excitement of the sexual organs to lead you to the belief that it is necessary to gratify the desire until happily married, not alone for the reason of law, or rules of society, but for the higher reason of greatest benefit and enjoyment of self, and for the sake of posterity, and the heaven on earth which you may and will enjoy in that home of the pure, where the great importance of sexual purity to a full, strong development physically, mentally and morally, will be realized.

It is a fact that perfect and clear mental application is impossible in susceptible organisms, when there exists a small, round ulcer, the size of half a pea in the rectum, and slight fissures in the anus,

which produce great sexual excitement, even to painful priapisms, during which many justify impure sexual congress as a palliation, thus failing to recognize the cause, and cure it, but sacrifice the whole person to ignorance and moral cowardice by indulging a desire which should be overcome by restraint, and may become as loathsome to self and friends as a veritable leper by contracting loathsome venereal diseases. The abnormal adhesions of the prepuce in the male, or the nervous sexual consciousness caused by an irritation of the clitoris in the female, produce sexual pruriency, and lead to self-abuse, which may cause all the phases of mental disturbances ever so slight to complete imbecility, epilepsy or insanity.

We hope to find our labors in this direction appreciated by the attentive and wise, for it is a great desire of the author to combat all error that debases mankind in any particular, or prevents the highest attainments possible, physical and mental, consistent with natural forces, and place before the watchful, loving mother the knowledge of how to avert much of the danger from her offspring which so often brings sorrow to her heart, and blasts all the long cherished hopes, anticipation and pleasure with the children of her loves, born and cared for through anxieties and great suffering, and lost from ignorance of a mole upon the labia of the daughter, or an adherent prepuce of the boy, caused by improper toilet during its infancy, by indulgences of



the appetite, by improper food during infancy, excessively highly seasoned foods, salt, pepper and vinegar, and confectionery, which should be regarded as poison to children. These engorge the lymphatics or stimulate the alimentary tract, thus exciting the sympathetic nervous system, with which system the sexual organs are most intimately related, and in the same degree producing a prurienty of mind as well as body, changing the inclinations and disposition, as well as the moral perceptibility, whence follows the conduct and final character of her or him in whom the fond parents have fixed their hopes, wishes and loves.

The baby boy requires the same general care that baby girls do, but particular attention should be given to the napkin that it does not compress the scrotum and penis, thereby causing pain of the testes and injury to those important organs, or excoriation of the prepuce or glans-penis, or urethra, provoking scalding and pain in micturition, and possibly exciting the sexual organ and diverting natural nutritive growth of tissue, inducing such impressions upon the nervous system as may change the molecular form in the cerebellum, with which portion of the brain the sexual organs have intimate relation, and through which all sexual matters are made known to the senses, or cerebrum. Thus may this unnatural irritation of the male sexual organs influence the boy and man in desires, in disposition, in character,

in morals, and in physical development as well. For the same reason should all local means used to facilitate the evacuation of the bowels, as irrigating enemas, soap suppositories, etc., be prohibited in the nursery.

All babes should be frequently changed from side to side while lying, and vigilantly guarded from too much lying on the back, as this position heats the spinal cord and base of the brain, inviting an undue proportion of blood to these parts, and causes a morbid excitement, and hence evil results will follow.

“Second-girls,” or nurse girls not infrequently play with the babe’s sexual organs, perhaps innocently at first, as a means of quieting the child, but it will become a pernicious habit, with a bad effect upon both girl and babe, and they should be guarded and severely reprimanded should it be known, and all, on entering the home, should be given to understand the duties of their vocation, and taught the wrong as well as the right, before entering upon their duties, thus avoiding the objectionable.

Fruits eaten by young children are always objectionable before the age of at least six years, and then only as dessert after the ordinary meal at breakfast or noontime, never at last meal of the day. The objection to fruit is that it creates acidity of the stomach, engorgement of the lymphatics and chyliferous vessels, atony of the bowels, from

which arises so-called worm symptoms, and affords a nidus for worms, and strong urine, which irritates the bladder and results in enuresis or retention of urine, or glycosuria-diabetis, or incipient "Bright's disease."

To deny a child fruits, nuts, pastry, candies and potatoes—rich, starchy foods—and all irregular eating, is to prevent a probability of diphtheria, croup, chronic tonsilitis and many of the most fatal diseases. These articles of diet and irregular hours of eating not only produce the conditions above mentioned, but cause a morbid excitation of the intestines, which is followed by inactivity, and the sulli (sac like formation) of the large intestine—the colon—retain hardened foecal matter, in which are developed, in the lower portion—the rectum—worms known as ascarides or pin worms. The presence of this condition of the bowels may cause an irritable, peevish disposition, inveterate constipation or dysentery, bloated abdomen, the mucous membrane of the lips may become darker than natural, and a white ring may be observed around the mouth, and the child may pick at the nose, cry for something, but, when given what it asks for, refuses to be satisfied, and many nervous phenomena common to children occur. But there occurs from this cause still more serious consequences, as chorea, nervous pruriency, convulsions and epilepsy, engorgements of the lymphatic glands, as observed in tonsilitis, which condition, when neglected and

not cured in early life, becomes the nursery of tuberculosis, which will be manifested in all its horror later in adolescence—the thirtieth to fortieth year of life. This condition is a subtle one, which many very intelligent physicians fail to appreciate, and advise excision of the tonsils, which is absurd, cruel and barbarous, for the reason that the disease is not removed by excision, only a symptom is removed, and this symptom is a guide to treatment, a warning to patient and friends of the existence of disease, and they should know that swollen tonsils are indications of more than local importance, and to cut them away is deceptive to physician, patient and friends. The patient should be carefully and perseveringly observed and specifically directed in detail of diet, exercise and general habit, with proper medicine until cured, for it is in this incipiency of tuberculosis that general consumption is cured. It never can be cured after the tubercles are diffused throughout the lymphatic glands of the body or lungs.

It is in these conditions, and in the presentation of symptoms in early life, which intelligent, honest physicians of all schools recognize as precursors to incurable diseases, and a just appreciation of the nature and anticipation of results should mark the success and true character of the reliable family physician, and it is here that empiricism in medicine, fashion or routine practice should be discouraged, and the most profound thought, study and

observation of patient by physician should be exercised, with the direct and persevering use of the indicated remedy. This condition cannot be cured at once, therefore patience and perseverance will be required of all concerned for the successful treatment, and for such results—cure—the physician is seldom appreciated, yet he has accomplished more than a cure of typhoid fever, or performed a greater operation than when he has successfully opened the abdomen and removed a tumor.



CHAPTER IX.

"The proper work of man, the grand drift of human life, is to follow reason—that noble spark kindled in us from heaven."—Barrow.



HE age of puberty is an important period in the life of both sexes. In the girl, menstruation begins, and a change in manner, desires, emotions, form and society soon appears. The voice is stronger, the cheeks are fuller and the breasts begin to assume that beautiful rotundity, and the general figure that plumpness so admired by all lovers of symmetrical nature in the sex when in health. In the boy at puberty, the voice, the habits, dispositions, expression and desires change.

At this period each will manifest the results of the care which has been bestowed upon their infant regimen and general culture. At this age all parents who would delight in strong and well developed descendants, who would be pleased to have their children happy, and exhibit the greatest mental and physical development possible, should personally teach both girl and boy all of correct living. Teach them that father and mother are their best friends in the world; that, in all matters of interest to them, they can confidently come to parents for

advice, or communicate to them their secrets of every nature or interest.

All the functions of the body, as relates to both sexes, are freely discussed at all times and almost everywhere, save alone the procreative organs, and none are as important or need the parental teaching more than these, as the inclinations of the young to abuses or to early gratification of sexual desires are so great. Teach them that the greatest mental and physical development attainable is reached only by conserving the vital forces, and that one source of great loss in this direction is early developed sexual desires, sexual excitement, sexual pruriency. Teach them that more unhappy dispositions, more mental and physical weaknesses, are caused by abuses of the ordinary condiments used in food, by the abuses of confectionery, pastry, and by irregular hours and habits, which pervert the nervous system and influence the sexual organs, than by all other causes. Teach them that the cultivation of the body and mind, in the order named, is of the most importance, and from this will be developed the greatest success in after life, the greatest pleasures in their future homes, and if taught to their progeny will insure to the descendants the greatest possible good. This, properly taught and obeyed, will save many hours of regret for the wasted energy, for weakened memory, nervous headaches, restless, sleepless nights, and for irritable, moody dispositions, and will in their

places give ambition, manly and womanly courage, a will to do, the strength for the purpose, the greatest mental and physical vigor possible to attain, and later in life, a purer love and devotion to life and the companion selected for life, besides the greatest joys and pleasures.

If the proper regimen has been observed up to the age of twenty-five in each sex, and if the health is good, the vocation of life is fixed, and mental love is assured with compatibility of temperament, then, and not till then, should either sex engage in marriage. No woman should marry while suffering with painful "periods," or from painful phenomena caused by a morbid condition of the sexual organs. These conditions, though numerous, can be cured, for the most part, and it is criminal neglect not to have them cured before so important an event.

There is no physiological or moral reason why the wife should be younger than the husband, but there are good reasons why she should be as near the same age as practicable. A woman's life should be matured before her marriage, and her development complete, as well as the man's, that they may not grow apart and become unhappy.

Instances have come to my knowledge of young women and young men who were advised by reputable physicians to engage in unlawful sexual congress for the cure of the consequences of self-abuse of the sexual organs. This must be attributed to

the physician's poverty in means to cure, and as a last resort to prevent insanity, and is as physiologically wrong as it is morally. How often it results in a life of suffering, instead of relief! Social calamities follow in every instance, as imbecility, or depravity of mind and nature, which wholly unfits the subject of this ill advice for association. If the victim is married, physical and mental weakness is sure to follow; or if single and indulging in illicit sexual relation, disease and loss of self-respect, as well as respect for society and friends, must follow.

Women are frequently advised to marry for relief from dysmenorrhea—painful periods—which advice is very reprehensible, because of the almost certainty that it will fail in all cases which cannot be cured before marriage. No woman should marry in deformity, either physical, mental or functional, without the clearest understanding, neither should a man be engaged to marry a woman if he is suffering from the ill effects of sexual abuse, mental or physical weakness. These conditions in either will inevitably lead to a change of disposition, desires, and even premature death. The husband is disappointed in his love, his wife becomes a moral and physical wreck, and the home is only endured, if not broken up, and the courts appealed to for separation, which is followed by a great social calamity, from which good, sensitive natures will never recover.

Both sexes should live absolutely free from sexual gratification until married, and marriage should not take place earlier than twenty years of age for the woman, and twenty-five years of age for the man, in order that they may acquire the greatest possible development; and at this early age they should not indulge in sexual relation more frequently than once a fortnight for the first year.

The desire once gratified improperly, becomes an incubus upon the best efforts, attainments and freedom of thought, and is certain, without great self-denial, to make the next opportunity easier, and thus the mind is led on to certain disappointment, which will divert the thoughts and fill the mind to the exclusion of important interests and obligations.

These matters are of great personal interest to all, of both sexes, in respect to life, health and longevity, as well as the greatest physical and mental development possible, the freedom from moods, irritable dispositions, embarrassments in society, perversion of ideas and disposition, and mental anguish when considering the moral depravity, mental weakness and physical deformity. For it is true that persons who have indulged in excessive sexual abuse may as well be placarded, for the observing may know them at a glance. And natures are also as universally changed, and for this reason, more than for all other reasons, are due the great prevalence of unhappy homes, mental imbecility,

monomania, insanity and thousands of deaths the world knows nothing of; and by the knowledge of this subtle cause, well understood in early life, and kept before the young until adolescence, they will most certainly avoid the early self-abuse so common among girls, as well as boys, most prevalent in fashionable boarding schools.

Then love is, or should be, the prime inducement to wed, and true and lasting love can only remain where health and perfect reason exist. Then, when health, good reason, mental soundness, maturity—twenty-five years of age—and compatible temperaments are added, and the vocation of life is determined, love will prevail, and with proper intelligence, respect for a noble ambition, and regard for correct living, nothing can thwart the most happy results.

I am frequently asked how often sexual intercourse may be observed by the married, consistent with good health and best enjoyment. I answer this as definitely as the question can be answered and applied to all, twice a month during good health, for the first year of married life, then the good sense and practical results will be the best guides.

A lawful husband or wife who cannot enjoy the anticipation of so profoundly interesting results, the possession of children, is too selfish to live in society with the opposite sex, and too obtuse to the beauties of nature to be permitted the

joys and pleasures of love and its fruits, and he or she will soon sacrifice "the greatest thing in the world"—love—to be recognized only when too late.



CHAPTER X.

*"The tissues of the life to be
We weave with colors all our own,
And in the field of destiny,
We reap as we have sown."—Whittier.*

HEN we consider how very few young men escape from sexual self-abuse, how many contract disease from impure sexual relation with the opposite sex, and with what insignificance venereal diseases are paraded before companions, we cannot resist the impulse to hold up the wrong before our readers in as plain and practical a manner as seems to us necessary to warn them against the most subtle and yet the greatest enemy to the health and happiness of mankind.

We cannot confine this evil to young men, however much we would like, but men must bear the odium of having the greatest number affected by illegitimate contact. That is to say that men acquire the disorder in early life, then, having the disease suppressed rather than cured, yet believing themselves cured, marry innocent women and communicate to them their sins, unknowingly perhaps, but nevertheless doing it, be it said to their shame or ignorance. But, even in this role,

women are often found active, and cause us to blush when contemplating this indisputable fact. But our object is to afford to all the necessary information of sexual diseases, and it seems compulsory, in order to complete this work as an instructor of the unsophisticated in this essential and yet delicate subject, to briefly uncover the greatest snare known to modern physiological purity, as we behold purity in the young man or woman.

Is it blaspheming nature to relate the monstrous results which befall the youth, decoyed by the alluring charms of sensuality, the strongest power yet known in its influence upon human conduct? Nothing can induce the young man or woman to give up the body to a chance of festering disease, as will the desire for sexual pleasure, sexual cohabitation.

The diseases, acquired by impure or indiscriminate sexual intercourse, are denominated local and constitutional in their primary form, but the varied forms which appear from the first attack to the end of life, well-nigh exhaust all the names in the category, either as cause or complication, so prevalent are these shameful disorders.

The venereal disease called local (that is to say, a benign, non-malignant disease, which affects only the parts infected, and when cured does not return), is considered a trifling disorder, "no more to be dreaded than a cold." This local disease, but a simple urethritis in the male, which is "no

more to be dreaded than a cold," when caused by specific venereal infection, produces a narrowing of the orifice leading from the bladder, which is often not apparent to the victim for many years after the disorder was supposed to have been cured, and is called "stricture." So-called "catarrhal inflammation of the bladder" of men, many years after the infection occurred, is often no less than the re-appearance of a suppressed "local disease," and the patient has entertained no doubt of perfect freedom from the old disorder, and great distress and suffering follows, even fifteen years after the infection and the supposed cure.

After the "local disease" is supposed to have been cured by local treatment, the mucus membrane becomes more and more contracted, and the affection extends along this tissue until it reaches the bladder, and the urethra (outlet of the bladder) is thickened and contracted, and as a consequence the outlet for the urine is so obstructed that increasing difficulty may be experienced in voiding urine, and the irritation so formed produces most extensive affections of the adjacent organs, and also nervous reflex phenomena, as pains in the back and lower extremities simulating rheumatism, and aching at the back of the head. From this last effect the disposition, the character and the mind are often influenced. Difficult co-ordination, great difficulty—perhaps complete inability—in applying the mind to thought, study or business, and even

insanity not infrequently result from this "purely local and benign disease."

No man having contracted even the "local affection" should marry a pure woman, because of the great probabilities of communicating a disease to her which may extend throughout the womb, the fallopian tubes and possibly the bladder, not only rendering her sterile, but inflicting a most dreadful suffering upon her for life.

In the female, the "local disease" is generally considered by the medical profession to be of very little trouble and more easily cured, when in fact the local manifestations are quickly changed, but not so easily or certainly cured as supposed; for the disease frequently extends throughout the womb and fallopian tubes, and becomes positively incurable, and the woman is doomed to remain a moral and physical curse to herself and friends so long as she lives. (I say "moral curse" because of the mental influence this extensive invasion of the disease produces.) The woman who is so unfortunate may be wholly disabled; indeed, she may be ignorant of the cause of her suffering, and even of the source of the weakness and pain which she suffers; and she is liable to become unnatural in disposition, desires and conduct, and certainly sterile.

All diseases are curable in favorable subjects and under favorable circumstances, when not seriously complicated by other diseases, or not too far

advanced. But few will submit to the regimen necessary in these as in many other diseases, and consequently the result is very disastrous, which later in life will bring suffering, shame and remorse upon the true man, and will probably fade the beauty and wreck the vivacity of a noble woman and reduce her to a life of weakness and suffering.

A man or woman having become infected by this specific "local disease" should be immediately confined to his or her room on the most unstimulating diet, with absolute rest, with no medication except the indicated remedy (which varies with different persons) and with the necessary adjuvants until well. All local injection and medicated washes should be strictly prohibited in the male during the stage of inflammation, and then only with the greatest skill and caution. With this precaution it is possible that the "local disease" may be entirely cured without leaving a vestige of the infecting inflammation.

If so much can be truthfully related of the least innocuous venereal disease, what should be said of the others?

There is a sect in medicine who have written most upon this subject, made more investigations into its disease producing effects, than all other sects, and searched the world for therapeutics to cure the constitutional form of venereal diseases, and to this date their most conscientious writers and teachers declare it incurable, yet many physi-

cians of their sect advise the afflicted to marry after having succeeded in suppressing the disease, which is certain to reappear in some form, later in life.

This disease, in all its effects, in all its influences, is too loathsome to describe in detail, and any man or woman who has been thoroughly contaminated by it, so as to produce the general effects throughout the organism (that is, secondary or tertiary syphilis) should be avoided as a leper. But, alas, how often they pollute the sacred home of others, kiss the pure babe, and the bridesmaid does not escape their foul infecting lips.

No decent, self-respecting man or woman will kiss the babes, or members of other families, without he or she can furnish a physician's certificate of purity, freedom from infectious diseases, and then only after having first obtained the consent of the person, or the consent of the babe after it is made fully aware of the danger. (That means never kiss the babe.) It is enough for the immediate family to kiss the babe; for any one else to commit such an act should be a crime; aye, it is a physiological crime.

The cure of this horrible disease depends upon a rigid regime and specific (not general) medicine. But when a man or woman has become so defiled (with secondary or tertiary syphilis) they should never enter into marriage.

The mental and physical symptoms herein related as produced by these dreadful diseases, are

also caused by other influences, other diseases, and this fact should make us slow to form judgment derogatory to the life and character of another. The best physicians are often in great doubt as to the cause of disease.



CHAPTER X.

"To live in hearts we leave behind is not to die."
— *Campbell.*

HEN men and women arrive at the age of fifty years, a change occurs in their organism, the reverse of that at early maturity. The active forces begin to decline, and vitality has less resistance to exposures, physical weakness or mental worry, and the principles of the man or woman become more and more conservative, which are based upon the early conscience training, and perhaps upon great or striking experiences, the latter controlling, in many instances, all external indications, yet the serious thoughts will often be disturbed by early education, regardless of wisdom obtained later in life. Therefore, in the education of the child, all theories, dogmas and uncertainties should be omitted, or only taught as such, when the age of the child will insure a proper understanding.

Men and women at this age—fifty—frequently exhibit no evidence of decline whatever except in illness, from which they are always found to require a longer period for recovery than when younger, and diseases like pneumonias, fractures of bones and in-

juries generally, as well as all other acute inflammations, are always more serious. For this reason, all should be guarded from irregularity in habit and exposures to inclement weather, as they advance from this age.

The mind does not become weak, necessarily, after this age, but is less elastic, hence the conservatism.

People as they grow older, from choice select the quiet home and the affection of most intimate family relations. Expressions of confidence and love are always cheerful to them, and inspire a zeal and fortitude that few appreciate. To obtain this confidence and love, men and women advancing in life should know how their conduct affects their juniors. They should know that being always pleasant and interesting will be appreciated, and all about them will be happier for having their presence.

Too often men and women at this age increase rather than diminish their cares, and the young fail to recognize this fact, or appreciate the cause why grandfather or grandmother, father or mother, give them so little attention or are so disturbed by their rollicking good natures. Thus the good people in the decline of life become a shadow in a home, instead of sunshine. From this grows the childish natures, the peevish dispositions. And even here in this decline of life, we find the sexual organs are not understood, and are often abused

to a serious extent. Men who have been reasonably correct through life up to this decline, may become irritable, moody and fretful through such abuse. The prostate glands in men often become indurated, enlarged, and hence produce so much pressure upon the urethra at the neck of the bladder as to cause difficulty in voiding the urine, and later, inability to void the urine, which dribbles away in a very offensive manner.

Women, at this advanced age, should have passed the menopause, change of life, the cessation of the monthly flow. If this is determined without unnatural results or with a normal condition of the organs, then no trouble from these organs is liable to occur. But if unnatural conditions exist, then unnatural dispositions and unpleasant feelings will occur to mar the third period of life, which should be no less enjoyable and happy than even the first, the period of youth. These conditions of wrong should be corrected at the first recognition, which may prevent unnatural virility of the organs, and even conception and birth of a child at an advanced age, or at least occasional hemorrhages and discomfiture.

No fixed date can be given for this change of life, for it has occurred as early as thirty-two years of age, and women have suffered from more or less frequent discharges or hemorrhages until upwards of sixty years of age, but the forty-fifth year is the most usual time for appearance of manifestations

of the change. Unnatural conditions permitted to continue in either sex, always complicate other disorders, and embarrass the health and life, and especially the physician called to treat them. They may not always be susceptible of radical cure, but the proper selected remedy may be kept at hand, and trouble averted by the early use of it in threatened attack, or by occasional doses which stimulate reaction against the disorder, and prevent any serious difficulty throughout a long and pleasant life.

This change of life never produces morbid or unpleasant feelings or dispositions, in perfect health, but various diseases cause a multiplicity of troubles to follow, such as are witnessed in the many nervous phenomena, hysteria, etc., and these phenomena at this period of life, are positive indications of a physiological error, and should have careful and profound medical attention. All appearance of disorder of these organs should be carefully narrated to a painstaking physician, that all trouble may be avoided at this interesting age, when about to enter upon the best part of a happy life, to enjoy the fruits of industry and frugality, and all its cares, and the inestimable comforts of children reared in industry, economy and culture, to bless and love their parents.

As parents grow older, they should gradually relax their exertion and cares of all important active business, never, however, confiding their means of

support to others. Having trained their children properly, they should enjoy them whenever occasion may favor, and never lose their jolly good natures while life lasts. No persons are so pleasant to have about the home as happy, humorous, intelligent people advancing in years, and no one so disagreeable as old people who are always dying—in conduct and words—always complaining of the inevitable, never happy, and always frown when others are wont to cheer them. Old people can be most agreeable and desirable company. An early education, with constant use of it through life, will bring its rewards in happiness at this period, and is worth all the effort for this time alone.

Young people never bestow a kindness upon their seniors without mutual good and happiness. Then let those advancing in years, even if invalids, engage in all the joys and sports of life, so far as consistent with reason and good health, ever keeping abreast of the times in all the interests of life, shunning not the amusements which relax the mind from the more serious, and introduce so many joys and comforts to relieve the monotonous cares, and give impetus to thoughts which brighten and augment their usefulness.

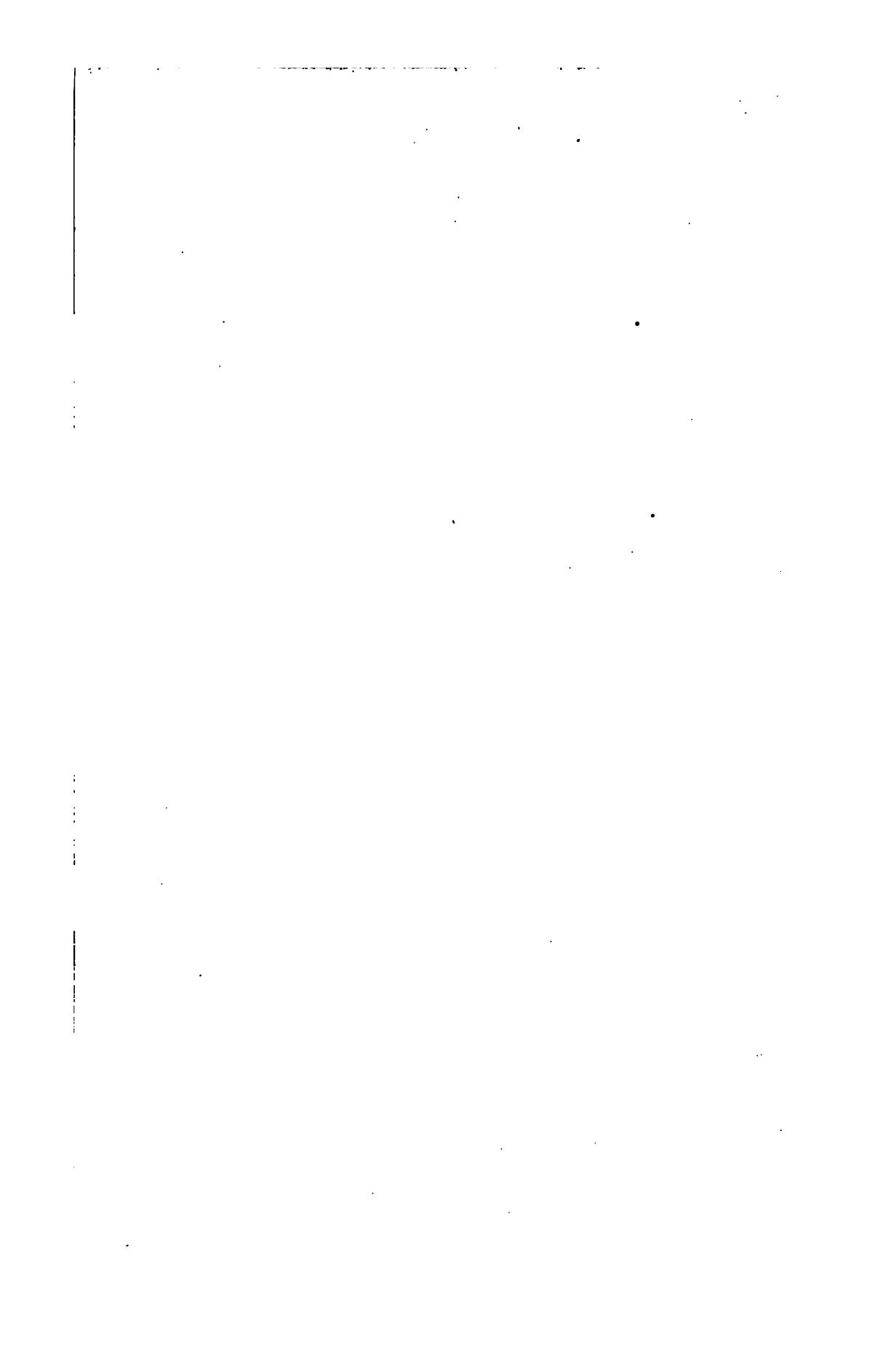
No home is happier than that home where children romp and play with grandpa and grandma with reciprocal pleasure.



*"There—my blessing with you!
And these few precepts in thy memory
See thou character. - Give thy thoughts no tongue,
Nor any unproportioned thought his act."*

—Shakespeare.







LANE MEDICAL LIBRARY

**To avoid fine, this book should be returned on
or before the date last stamped below.**

--	--	--

0621 Nottingham, J.C.
N91 Practical physiologi-
1001 cal philosophy • DATE DUE
NAME 67008

N91
~~195~~

N91
~~195~~

N91

Practical phys-
iology

DATE DUE

